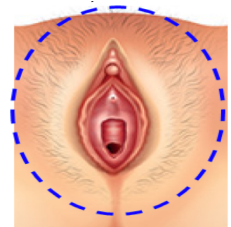




## *Vitalia Care Instructions*

### ***PRE TREATMENT INSTRUCTIONS:***

- Wash the vaginal/vulvar area the morning of treatment.
- While most women drive themselves to and from the procedure, if you think you may need someone to accompany you to your visit, please make appropriate arrangements.
- Be prepared. Write down questions you may have for your healthcare professional so that you don't forget them the day of the procedure.
- You should have a normal physical and Pap smear.
- You should not undergo this procedure if you are pregnant or trying to conceive.
- Tell your physician if you have any signs or symptoms of a bladder (urinary tract) or vaginal infection.
- If history of herpes, prophylactic antiviral treatment should be prescribed.
- Inform provider of any vaginal surgery or if you have been told they have any vaginal prolapse.
- Drink 4-7 glasses of water day prior to procedure.
- Urinate immediately prior to treatment.
- At home, shave the external treatment area as shown in diagram here:
- Waxing or Laser hair reduction should be done 5-7 days prior to treatment to avoid more irritation to the area.



- The procedure will last about 45 minutes. You may wish to bring headphones, your cell phone, a book, iPad, or a magazine with you for the procedure.

### ***TREATMENT DAY:***

- Understand and sign the Consent Form and Patient Evaluation Form. Do not be afraid to ask any questions.

- You will hear different sounds during the procedure, such as the device signaling when pulses of energy have been delivered. You may also feel some mild warmth or cooling sensations in the vagina and labia.

- Be certain to report any abnormal pain, feeling, or sensations to your healthcare professional should you experience them.

### ***POST-TREATMENT:***

- Ask questions. Be sure to have all your concerns addressed before you leave.

- Schedule your follow-up visit 1 month after the procedure.

- Douching upsets the natural balance of the vaginal environment and should always be avoided.

- Patients may see better results if they abstain from the use of anti-inflammatory drugs, including ibuprofen, aspirin, and steroids, as these may interfere with the natural process stimulated by the Vitalia Treatment.

- Most patients resume normal activity of daily living immediately after the procedure, but women vary in their post-procedure course. Discuss your concerns with your provider.

- Contact your our office at 205-415-7536 should you experience discomfort, pain, or any other symptoms, or if you have other concerns.